

**Amendments to the Claims:**

Claims 1-5 (cancelled)

Claim 6 (Currently Amended)

A method for stabilizing flavor in a prepared frozen food from repeated freezing and thawing and long term frozen storage comprising:

- encapsulating a flavor with a cyclodextrin;
- recovering the encapsulated flavor; ~~and~~
- adding the encapsulated flavor to a ~~frozen~~ food during ~~preparation~~ formulation of said food; and
- freezing said food so as to prepare a frozen food wherein ~~so as to~~ stabilize ~~said flavor is stabilized~~ from repeated freezing and thawing and long term frozen storage.

Claim 7 (Original)

The method of claim 6 wherein said cyclodextrin is an alpha, beta or gamma cyclodextrin or a modified alpha, beta or gamma cyclodextrin.

Claim 8 (Currently Amended)

A method for stabilizing flavor in a prepared microwavable food after microwave cooking comprising:

encapsulating a flavor with a cyclodextrin;  
recovering the encapsulated flavor; ~~and~~  
adding the encapsulated to a ~~microwavable~~ food during  
~~preparation~~ formulation of said food; and  
microwave cooking said food so as to prepare a microwaved food  
wherein said ~~so as to stabilize the~~ flavor is stabilized after said food has  
been subject to microwave cooking.

Claim 9 (Original)

The method of claim 8 wherein said cyclodextrin is an alpha, beta  
or gamma cyclodextrin or a modified alpha, beta or gamma cyclodextrin.